

3 Ways To Save Money On Groceries During The Inflation



Have you noticed the overall budget you spend on groceries? It is no surprise that prices have continued to rise over the last year, into 2023. Prices have continued to soar in about everything, from gas, food and more, and many couples and families are barely getting their heads above water each month. Many essential bills you have every month, like car, rent, utilities, etc. remain especially important, but it can be so much of a burden when your grocery bill is just as high. Listed below are a few ways you can help maintain a reasonable budget for groceries and save money each month.

Shop Sales



To save, especially during this inflation, shopping the store sales are important. My favorite place to shop for affordable groceries is Aldi. Aldi has always been my go-to grocery store, because I loved how they always have the weekly ad flyers available right when you walk in. If you check-out your local Aldi, you will see that they have many

fresh ingredients every week. Also, a good tip to keep in mind is Aldi. and other similar grocery stores, have some sort of rewards program. Usually with these programs you will have access to sales alerts, points/cash back rewards, promotions /giveaways. This can also help with savings.

Learn To Coupon



Coupons are a great resource to use with shopping sales/clearances. Using this resource can help you save quite a bit on your groceries, and nowadays you can use digital, as well as the original paper coupons you have in print. Checking out the newspaper and saving those coupons that are tucked away in

the inside for later, will be the best decision you ever made! Do not throw away that newspaper so quickly, look inside and see if you can add some savings to your groceries.

Create A Shopping List and Stick to It!

One of the most crucial factors to remember is creating a grocery



shopping list. Creating a shopping list, before you head out to get groceries, is the best decision you can make, when you are trying to save money during inflation. Your shopping list becomes a guide of

what to purchase in the grocery store, and when we go without a list, we tend to pick up items that we did not need and more items than we planned to shop for. It may even be helpful to list your items by aisle, section, or category. This will be helpful, to go in the necessary directions, to not get distracted.

Is Saving Money a Skill You Learn?



Saving money is a skill you learn through trial and error. There is no one-size fit all approach to find the best one for you. Listed here are only 3 ideas, but you may find others that work best for you and your family. I suggest trying something out if it

does not work, try again, or use another approach. We all want the same goal, to save money during these challenging times, but remember, we may find the answer that works for us in a different direction than the next person.